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 Office Hours: By Appointment, as of April 2012
 NSBEP#: R0311

AREAS OF PRACTICE

Abuse: Emotional Physical Sexual Addictions: Substance Anxiety Assertiveness / Social Skills Attachment Issues Body Image Issues Caregiver Stress Couple Therapy Depression Eating Disorders	Family of Origin Issues Grief / Loss / Bereavement Habit Change Health issues: Acute/ Chronic Obsessive-Compulsive Personal Growth / Wellness Personality Disorders Phobias / Fears/ Panic Relationship Issues Self Esteem Separation / Divorce	Sexual: Orientation Dysfunction Sex Therapy Sleep Disorders Spiritual / Meditation Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout / Harassment / Career Change
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TREATMENT APPROACH	POPULATION
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Cognitive-Behavioural

Adolescent 16-18
 Young Adult 19-25
 Adult >25
 Aged ≥ 65

PROFILE

Much of what troubles people is a consequence of mistaken problem solving styles from an earlier, more immature stage of life. These styles become habitual ways to approach current problems.

The goal is to identify the mistaken styles and select more useful approaches. To facilitate this process, the client and I choose from a variety of tools and techniques which are then implemented during and between sessions.

My role is to assist clients who are facing challenging situations in their lives, and help them to use those situations as stepping stones to move into more authentic lifestyles and relationships.

In addition to formal training in Cognitive-Behavioural Therapy, I have developed a specialty in mindfulness practices. It is an important tool that can help a client gain confidence and self control when emotional problems threaten to overwhelm.